Halifax metro

Origin Stories

new



Vicky Mochama on moving from Kenya to Canada

Tell us your story, #MetroOrigins

metroVIEWS

Your essential daily news | THURSDAY, MAY 25, 2017 | High 14°C/Low 6°C Mostly cloudy



Kim Harrisson reads her poem to Metro on Wednesday.
NICK HUBLEY/ FOR METRO

Poetry project

'Take it from someone who sees you for you, so let me tell you that you are beautiful. You Are Beautiful'

Slamming bullying, body shaming

Bedford teen uses poetry to help others

metroNEWS

MURDER TRIAL

Taylor Samson's DNA found on Sandeson's gun, family farm



Zane Woodford
Metro | Halifax

Taylor Samson's DNA was on William Sandeson's handgun, a bullet lodged in his window casing, and a large black duffel bag at his family's farm.

That's what the jury in Sandeson's first-degree murder trial heard from an expert witness on Wednesday.

DNA specialist Florence Célestin, who works at the RCMP forensic lab in Ottawa, testified in Nova Scotia Supreme Court. With nearly 15 years experience in the lab, Célestin was qualified as an expert witness.

Célestin told the jury that DNA matching the profile of Samson's was found in swabs taken from Sandeson's Smith and Wesson 9mm handgun, and on a bullet of the same calibre lodged in the window casing of his apartment. Pieces of the floor in Sandeson's kitchen, along with swabs from a kitchen chair and swabs from the bathroom were also found to contain Samson's DNA.

Swabs from a shower curtain, a tarp and a large black duffel bag found at Sandeson's family's farm contained Samson's DNA as well, Célestin said. Multiple police officers testified in the trial that Sandeson's shower had no curtain on it when they searched his apartment, and Samson is seen on surveillance video carrying a large black duffel bag into Sandeson's apartment on Aug. 15, 2015.

Sandeson, 24, is accused of killing Samson, 22, that night. Samson's body was never found.

The jury also heard evidence Wednesday about Sandeson's professional student line of credit for medical school, which he was supposed to start in September. Bank records entered into evidence show Sandeson owed more than $70,000 in August 2015.

Text messages between Sandeson and his parents from earlier that summer, which were also entered into evidence Wednesday, show his family was worried about that balance.

A text from Sandeson's father to Sandeson on July 17, 2015 said his mother was "mad about credit line."

Sandeson replied, "Will be paid this September."



Lake City Woodworkers

Furniture Store

386 Windmill Rd, Dartmouth • 465-5000 • lakecitywoodworkers.com

Spring Celebration Sale!



SAVE THE TAX!*

SAVE HUNDREDS OF DOLLARS
on our full line of locally made
SOLID WOOD FURNITURE.....
BEDS, DRESSERS, ARMOIRES, BOOKCASES,
DINING TABLES & CHAIRS, SERVERS,
KITCHEN ISLANDS... AND MUCH MORE!

*certain conditions apply….see store for details!

HURRY IN LAST 4 DAYS!

Until May 28th

metro NEWS
Your essential daily news



"Vent du Nord," a painting by late Quebec artist Jean Paul Riopelle, sold for $7.4 million.

Simple message, Beautiful words

INSPIRATION

Teen uses poetry to help tackle issues



Yvette d'Entremont
Metro | Halifax

When Kim Harrisson, 13, found herself the victim of nasty bullying earlier this year, she was fortunate enough to be able to open up to her supportive mother, school and therapist.

But she knew not everyone is as lucky.

So the Grade 8 student decided to share her experiences in a poem that has captured the imagination of her peers and adults alike.

The 13-year-old said her goal is to try to make people think about beauty in a different way.

"Online there's always this figure of a perfect person and even in stores you see the models giving you an idea that's just not realistic. We're comparing ourselves to these people but we just can't be that," she said.

"I decided why not let it out there? I'm not the only person who has gone through this. I thought it was a good opportunity to kind of get angry about the subject and lash out."

Harrisson recently delivered her poem as part of a slam poetry project at her school, Ecole Secondaire du Sommet.

She said the room got very loud as her peers snapped their fingers in approval and agreement. Her mother, Annie Belanger, shared her daughter's work with friends and colleagues and said the feedback, and the tears, were moving as it showed that her daughter's words strike a chord with people.

"She proved to me that she was very mature and also by what she wrote it made me understand that she feels confident with who she is now," Belanger said.

"It makes me see too that physical appearance isn't so important for her and it shouldn't be for other people either. I was very proud and I found it inspiring for adults too. It makes you think."

Harrisson, who sings and writes songs also, said writing comes naturally to her and she hopes to continue with the goal of inspiring others.

She already has plans for her future career.

"I do want to be a therapist. The teacher that has helped me through my bullying has inspired me to do what she does," Harrisson said.

"I want to be able to do what she does for other people."



Bedford student Kim Harrisson, 13, hopes her simple message of self acceptance outlined in her poem Beautiful will help others. NICK HUBLEY/FOR METRO

Beautiful

Insecurities, insecurities are something that fill every human body. So for a second take every horrible, terrible, dreadful, awful detestable thought you have about yourself and put it away.

You are Beautiful.

I know it may be hard to believe because we see it everywhere, the perfect girl with a flat stomach and flawless make-up, and a tall guy with a six-pack and muscular arms causing our personalities to bleed. There is no such thing as perfect.

So all of us, let's stop being scared like there is no light left.

You are Beautiful.

So let's stop hiding behind a baggy shirt and puffy pair of sweatpants and embrace your curves. And yes people will maybe shame you or laugh but you know what? It's because they're filled with insecurities too. It's crazy how this one word can slowly ruin us, second by second, minute by minute, hour by hour and day by day ...

You are Beautiful.

Beauty isn't about your face or your body, it's about your personality and respect, it's about how pure your heart is and so much more.

You are Beautiful.

So instead of waking up in the morning, looking in the mirror and saying all the things you hate about yourself say the things you like about yourself. Those things are what make you who you are, flaws are what make us, us. And in the end you only have yourself and if you don't love yourself how is anyone else supposed to love you. If you don't respect yourself, how is anyone else supposed to respect you.

So take it from someone who sees you for you, so let me tell you that you are beautiful.

You Are Beautiful.

KIM HARRISSON



Outdoor screenings moving to Gardens

ATLANTIC FILM FESTIVAL

Movies to be shown on a 30-foot screen

Haligonians will be watching outdoor movies somewhere a little greener this summer.

The Atlantic Film Festival (AFF) made the announcement Wednesday that their main Outdoor Film Experience events will be on a 30-foot inflatable screen at the Halifax Public Gardens with a series called Canadian Comedy, Eh?

Strange Brew screens on June 30, The Grand Seduction on July 21, and Meatballs on August 11.

Susan Nixon, chair of the 150th Anniversary Committee of the Friends of the Public Gardens, said in a release that movie screenings in the Gardens were once a regular feature of city life.

In recent years the featured outdoor films have been held on the Halifax waterfront by the Tall Ships Quay.

Also new this year, the Outdoor Film Experience is partnering with Feed Nova Scotia to ask viewers to bring a food donation if they're able.

Besides the Public Gardens events, there will be a Tall Ships-themed screening of The Pirates – Band of Misfits July 28, and two screenings at the Pondside Amphitheatre at Dartmouth Crossing of Moana (July 15) and Lego Batman Movie (August 12).

Concessions will be available on site, all films start at dusk, and gates open one hour before each screening.

Check for weather updates and cancellations by tuning into Virgin Radio 101.3 or visiting atlanticfilm.com. There are no rain dates.

METRO



Starting late June, Haligonians can watch the big screen amidst the flowers and trees this summer. NICK HUBLEY/FOR METRO

DARTMOUTH

Sportsplex hosting charity dog swim



Haley Ryan
Metro | Halifax

A Dartmouth pool is literally going to the dogs this weekend as dozens of pups are set to splash around for a good cause.

In light of the Dartmouth Sportsplex closing for "long awaited" renovations on May 28, on Wednesday the municipality announced an upcoming dog swim with Camp Bow Wow before draining the pool.

On Sunday from 10 a.m. until noon, Camp Bow Wow clients can bring their dog for a swim in the pool. A HRM release said there would be balls, tugs, and lots of toys.

Although the entrance fee for the swim is $20 with all proceeds going to Bide Awhile Animal Shelter and Marley's Hope Dog Rescue, luckily the adorable event is also open to non-dog owners with spectators welcome for a suggested donation of $5.

HRM said the dogs will be swimming in the training pool, which has a maximum depth of 3.5 feet. Camp Bow Wow staff trained in canine first aid, as well as Sportsplex lifeguards, will be there to ensure all pups and owners have a safe time.

Due to limited pool space the swim is open to Camp Bow Wow clients only, and those people must pre-register with the business as there will be no registration on Sunday.

$5

All it costs for spectators to check out the doggie dip on Sunday at the Dartmouth Sportsplex before it closes for "long awaited" renovations.

The Sportsplex will undergo massive $22 million renovations over the next 18 months that will completely gut and change the building, with just the ice surface set to reopen in the fall.

Everything should be complete by September 2018 including a new gymnasium, entrance, and "extensive improvements" to the swimming pool and slides.



SiriusXM

DODGE CARAVAN KIDS

PROUD SPONSOR OF MINOR HOCKEY ACROSS CANADA

MONTH OF THE RAM

25% OFF MSRP
ON ALL 2017 RAM 1500 TRUCKS
FOR A TOTAL OF UP TO
$18,000
IN CASH DISCOUNTS**

SALES EVENT | OFFERS END MAY 31

GET THE RAM 1500 EXPRESS QUAD & CREW 4X4 BLACK APPEARANCE PACKAGE



25% OFF MSRP

BLACK BADGING:

- Ram head grille badge
- Ram head tailgate
- 1500 badge
- 4x4 badge

- 20-inch semi-gloss black aluminum wheels
- ParkView® Rear Back-Up Camera
- Black front and rear fascia
- Black halogen headlamps
- Black grille
- Fog lamps

OR GET THE RAM 1500 EXPRESS QUAD & CREW CAB 4X4

25% OFF MSRP

- Body colour front and rear fascia
- ParkView® Rear Back-Up Camera
- Keyless entry
- Fog lamps
- 20-inch chrome clad aluminum wheels
- Body colour grille with black inserts

UCONNECT® 5.0 TOUCH RADIO

- Hands-free communication
- 5-inch touch radio
- SiriusXM



GREAT OFFERS ON 2017 RAM HEAVY DUTY



WITH AVAILABLE NO CHARGE CUMMINS® TURBO DIESEL

$9,345 VALUE + $1,500 LOYALTY CASH™

+

0% FINANCING† FOR UP TO 48 MONTHS

REBUILDING YOUR CREDIT? SPECIAL RATES AS LOW AS 4.99% O.A.C.≈

GUTS · GLORY RAM

RAMTRUCKOFFERS.CA

Wise customers read the fine print: **, ^, †, ≈ The Month of Ram Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating dealers on or after May 2, 2017. Offers subject to change and may be extended or changed without notice. All pricing excludes freight ($1,795), air-conditioning charge, licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on the purchase/lease of all 2017 Ram 1500 models at all participating dealers from May 2 to 31, 2017. Discounts are calculated based on MSRP plus options, freight, A/C and tire charge and will trade may be necessary. Dealer may sell for less. **25% off MSRP discount available to retail customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification is required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This include be deducted from the negotiated price before taxes. Percentage off MSRP discount cannot be combined with any other bonus cash or consumer cash offer. Dealer may sell for less. See participating dealer for complete details. ^$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2017 Ram 2500/3500/Cab & Chassis and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other been owned/leased by the eligible customer and registered in their name on or before May 1, 2017. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This include have completed Apprenticeship Certification. A copy of the Trade Licence/Certification is required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your dealer for complete details. †0% purchase financing for 48 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Dealer order/trade may be necessary. Examples: $30,000 financed at 0% for 48 months equals 104 bi-weekly payments of $288, a total obligation of $30,000 and $0 cost of financing. ≈Non-prime financing available on select 2017 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $169/$202 with a cost of borrowing of $5,418.76/$36,753.86. Some conditions apply. See your dealer for complete details. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

Nova Scotia Votes

Leaders ready for second TV debate

Nova Scotia's three main party leaders are getting ready for the second televised debate of the election campaign.

Liberal Premier Stephen McNeil, Progressive Conservative Leader Jamie Baillie and NDP Leader Gary Burrill are getting ready to participate in a roundtable debate at Saint Mary's University in Halifax tonight.

In the first debate hosted by CBC last week, all three party leaders held their own in a discussion that focused on health care, education and the economy.

The debate will be televised on CTV News at 6:30 p.m.

THE CANADIAN PRESS



Health-care record of Liberals targeted

ISSUES

Conservatives, NDP say system has struggled for years

Nova Scotia's Tories and NDP have pinpointed health care as the Liberals' Achilles heel as the election campaign enters its final days, hoping to convince voters it is in crisis and they can fix it.

The Progressive Conservatives planned to hold a rally on health care in South Berwick, Wednesday, while the NDP promised to work to fix primary care problems by consulting with doctors, nurse practitioners and nurses.

Earlier Wednesday, Tory Leader Jamie Baillie blamed the incumbent Liberals for a string of health care problems, from doctor shortages to emergency room closures.



Jamie Baillie

NICK HUBLEY/FOR METRO

Baillie admitted the system has struggled for years, and a string of governments seemed unable to fix persistent problems. But he then quickly brought the blame back to the Liberals.

"I've heard (Premier) Stephen McNeil say this problem goes back a long way. That's true but it's also a cop-out," said Baillie.

"We can take action now to make health care better. To just say this has been a problem for a long time is to actually refuse to acknowledge the crisis that exists."

McNeil said Wednesday Baillie is trying to "scare people."

"We know there are challenges in certain parts of the communities ... and we are putting out positive solutions that Nova Scotians are looking for," he said during a stop in Cape Breton.

Baillie said the first step in fixing the system's problems is realizing how acute they are in areas such as mental health — something he said the Liberals haven't done.

He said a Progressive Conservative government elected in next Tuesday's election would spend $39.7 million over four years to bolster mental health services.

NDP Leader Gary Burrill announced Wednesday that the party would accept the recommendations in a recent position paper on primary care by Doctors Nova Scotia and would work with doctors on a new pay model for physicians and to develop a doctor recruitment and retention strategy. THE CANADIAN PRESS

NEW BUSINESS DEVELOPMENT – ACCOUNT MANAGER PROFESSIONALS

Looking for your next career challenge? Want to work in an environment where you can "become the best version of yourself"? Is working with energetic, passionate people right up your alley? If so, Metro News is the place to be!

Our Metro Halifax team is proactively looking to connect with seasoned, and highly motivated sales professional who strive to "win" every day. Are you passionate about utilizing creative strategies to customize a broad range of advertising options, across multiple platforms (print and online)?

As a member of our HIGH PERFORMANCE sales team you will:

- Actively prospect and generate new advertising revenue, both in print and online
- Achieve and exceed allocated sales targets
- Support various Special Feature and Custom Publishing opportunities
- Assist clients with building their brand and/or generating awareness about their products, events and/or services
- Build and maintain strong relationships with new clients
- Respond to client queries and follow-up on all client calls and emails
- Develop and present persuasive presentations
- Log daily sales activity into CRM

Why You Will Be Successful:

- 2+ years of demonstrated success in a similar role
- Dedication to achieving extraordinary results Excellent oral & written presentation, communication and negotiation skills
- Excellent time management skills, highly organized, detail oriented, efficient, ability to meet tight deadlines, ability to set priorities and manage daily tasks
- Digital Advertising experience an asset but not a requirement

Why You Will Love Working Here:

- The opportunity to be part of a company at the cutting edge of the digital media industry; you'll never get bored in our fast-paced, constantly evolving and challenging environment
- We recognize that you have a life outside of work and we offer you real work/life balance
- We've got your health in mind; you'll get a comprehensive benefits package (Extended Health Care, Dental, etc.) including a minimum of 3 weeks' vacation

...And let's not forget the **AWESOME PEOPLE!**

Interested individuals who want to be part of a winning culture are encouraged to express their interest by visiting our online careers page at https://careers-starmediagroup.icims.com. We wish to thank everyone interested in joining the Metro team — All submissions will be treated as private & confidential

How to interact with wild animals

Some interaction between people and wildlife is inevitable, but as a recent incident between a sea lion and young girl in Steveston, B.C., shows, getting too close to wild animals can result in some terrifying situations. Metro spoke with wildlife experts about what people should and should not do if they encounter these four animals. WANYEE LI METRO


ISTOCK

1 Bears

Don't run or climb a tree; don't make eye contact with the bear
Don't scream
Do go indoors without turning your back on the bear
Do move slowly
Do use pepper spray if the bear gets too close

2 Cougars


ISTOCK

Cougars seem attracted to children due to their size and high-pitched voices. Experts recommend parents teach children what to do if they see a cougar.
Don't run
Don't make sudden movements
Do maintain eye contact if the cougar shows interest in you
Do show teeth and make loud noises
Do back away slowly

3 Sea lions


ISTOCK

Despite their big eyes and dog-like faces, sea lions are wild animals that are opportunistic predators and will try to eat anything it can get its mouth on, according to the Vancouver Aquarium.
Don't hang your hands over the water near the sea lion
Don't call or talk to the sea lion
Do keep your distance

4 Coyotes


ISTOCK

Wolves and coyotes are generally shy but if they get too close to humans, it is important that people haze them to ensure they maintain their fear of people.
Don't run away
Don't let dogs off leash
Do yell and gesture wildly with arms to scare the coyote
Do throw objects like rocks at the coyote

COBEQUID CULTURAL SOCIETY

The Cobequid Cultural Society would like to invite you to our
2017 ANNUAL GENERAL MEETING
on Tuesday, June 06 at 7 pm at the
NOTE: NEW LOCATION
97.5 Community Radio Station
11 Glendale Avenue, Lr Sackville
Memberships will be available at the door.
For further information: **www.cccas.ca.**

ECONOMY

Feds unveil 'supercluster' innovation plan

The federal government is calling on industry leaders from select sectors to propose "superclusters" of technological innovation that promise to create jobs and spur economic growth.

Innovation, Science and Economic Development Minister Navdeep Bains kickstarted the national competition Wednesday for $950 million in seed money that will help set up these hubs of investment and research.

The idea is to establish not-for-profit consortiums of small and big businesses, academic researchers and other groups that will serve as nodes of investment and innovation for key sectors of the Canadian economy. Details on where, when and what exactly these "superclusters" will look like will depend on proposals that the government receives, Bains said Wednesday.

"I would summarize it in three words: Jobs, jobs, jobs," Bains told Torstar News Service.

"We're in a global innovation race. This is about creating a high-value economy."

In a luncheon speech to the Economic Club of Canada, Bains said the near-billion dollars in federal money would create areas like Silicon Valley in the U.S., where many of the world's leading tech firms and online companies are based.

Canada's versions would focus on sectors where the country is positioned to compete globally, Bains said: advanced manufacturing, agri-food, clean technology, digital technology, health/biosciences, clean resources, or infrastructure and transportation.

The "supercluster" proposal emerged last fall, and was made clearer as a marquee element of the 2017 budget. The Liberal government has argued that investing in the creation of new technologies is necessary to grow the middle class and stay competitive in the global economy.

TORSTAR NEWS SERVICE

LUMBER MART
Offers Good Until June 1 2017
See In-Store for Details
NEED A SHED?
10x12 CRAFTSMAN SHED
WE INSTALL
STARTING AT $3997
ALSO AVAILABLE IN 10x16, 12x12 and 12x16
May not be exactly as shown. Financing 6 months no interest same as cash O.A.C.
SUPER SHED 8x12 STARTING AT $2997
SIDED 8x8 STARTING AT $937
DELUXE 8x8 STARTING AT $767
REGULAR 8x8 STARTING AT $547
SIZES AVAILABLE 8x4, 8x8, 8x10, 8x12, 8x14, 8x16, 10x8, 10x10, 10x12, 10x14, 10x16, 12x8, 12x10, 12x12, 12x14, 12x16
Look for us on Social Media
www.lumbermart.ca
15 Wright Ave, Dartmouth, NS
902-468-7772
251 Herring Cove Rd, Halifax, NS
902-477-6500
HOURS : Mon-Fri : 8am-6pm; Sat : 8am-5:30pm, Sun : 10am - 3pm
Mastercard, American Express, Lumbermart Card and Debit accepted. Shop early for best selection, some items may be in limited quantities. Some items may not be exactly as shown. Any discounts are off our regular retail prices, sale items not applicable.
LUMBER MART

ELECT



ROB
BATHERSON
#bepartofthesolution
HALIFAX CITADEL - SABLE ISLAND
www.RobBatherson.ca
902-809-4762
info@robbatherson.ca
/RobBatherson
@RBatherson
PC
NOVA SCOTIA
Authorized by the Official Agent for Rob Batherson

"I was meant to work with animals."



If you love animals, train to become a Veterinary Hospital Assistant. Get practical, hands-on training with live animals and graduate in just 9 months!

APPLY NOW to Start this Fall!

daVinci COLLEGE
davincicollege.org | 1.866.429.1847
1577 Barrington St. HALIFAX, NS B3J 1Z7

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS • LIFE • SPORTS >>>

Taken too soon

The victims of the Manchester attack were mothers, fathers, and kids

The names of the 22 victims killed by a bomber at a Manchester concert on Monday night have not been officially released, but here what's known about them so far:

Michelle Kiss was a mother of three children, a loving wife, sister and daughter — and "family was her life," her loved ones say.

In a statement released to Manchester police, her family said: "She has been taken away from us and all that love her in the most traumatic way imaginable."

The Daily Mirror newspaper reported that Kiss attended Monday's concert with her daughter. Her daughter was reported to be safe and was photographed being hugged by a police officer.

An off-duty female police officer was among those killed at Manchester Arena in the bombing of the Ariana Grande concert.

Cheshire Police, the force she served with, confirmed her death on Wednesday but declined to provide further details. British media reported that she was with her husband and two children, and that all three others were injured in the bombing.

Teenager Nell Jones, who went to a school in the village of Holmes Chapel, south of Manchester, was described by a teacher as "a very popular girl, always smiling, always positive."

Holmes Chapel Comprehensive School and Sixth Form College said police had confirmed Nell died at the scene of the bombing Monday at the Ariana Grande concert in Manchester.

Head teacher Denis Oliver said in a statement Wednesday that the school community was devastated by the news.

Oliver also confirmed that another Year 9 student, Freya Lewis, was badly injured in the attack.

Teenager Olivia Campbell-Hardy, who went to a school near Manchester, was at the Ariana Grande concert in Manchester with a friend on Monday night.

Tottington High School in the town of Bury said the school community was "absolutely devastated and heartbroken" at the news Wednesday that Olivia was killed in the blast.

The school said Olivia, reportedly 15, had been with a friend.

Her mother, Charlotte Campbell, who had been appealing online for news of Olivia, wrote in a Facebook post early Wednesday: "RIP my darling precious gorgeous girl Olivia Campbell taken far, far too soon, go sing with the angels and keep smiling mummy loves you so much."

Saffie Roussos, 8, is the youngest victim identified so far.

In a statement, the head teacher of the Tarleton Community Primary School that she attended in the village of Tarleton, Lancashire, described her as "simply a beautiful little girl in every aspect of the word."

A Polish couple who had come to collect their daughters from the concert in Manchester are among the dead, Poland's foreign minister said Wednesday.

Witold Waszczykowski said the daughters were unharmed. He did not give the couple's names but the daughter of Marcin and Angelika Klis has been searching for her parents since the explosion. THE ASSOCIATED PRESS



Manchester city council workers move the floral tributes from Albert Square to St. Ann's Square on Wednesday in Manchester, England. GETTY IMAGES

BRITAIN ON EDGE

Security forces rounded up more suspects Wednesday in the concert blast and soldiers fanned out across the country to national landmarks as an on-edge Britain tried to thwart the possibility of additional attacks.

- Officials scoured the background of the British-born ethnic Libyan identified as the bomber, Salman Abedi, saying he was likely part of a wider terrorist network. Additional arrests were made both in Britain and in Libya.
- Among those taken into custody in Libya were the suspect's father and his younger brother, the latter of whom confessed to knowing "all the details" of the attack plot, authorities said.

CLEARANCE SPORTSWEAR, EQUIPMENT & FOOTWEAR
2 DAYS ONLY!
GARAGE SALE
WHEN: Sat. May 27: 9am - 6pm • Sun. May 28: Noon - 5pm
WHERE: CLEVE'S Source for sports CLEVE'S BURNSIDE LOCATION ONLY!
60 AKERLEY BLVD., BURNSIDE

LOONIE FOOTWEAR SALE
On Now 'Til May 31st
$1
BUY 1 PAIR OF SNEAKERS AND GET A 2nd PAIR FOR A LOONIE!
CLEVE'S Source for sports
Restrictions apply. See in-store for details.

metro VIEW
Your essential daily news
Vicky Mochama Ishmael Daro
New episode May 26 featuring Alex Boutilier and Nick Zarzyki
Safe Space





Far left: Vicky and her mother Agnes visit the apartment where the family lived together after moving to Canada from Kenya. EDUARDO LIMA/METRO **Left:** Mother and daughter reunited at the airport in 1994 after a year apart. CONTRIBUTED

Origin Stories: Becoming an ordinary family in extraordinary days

I was five years old when I touched down at Toronto's Pearson airport in November 1994. The plan: Experience Canada for a bit, then go back to Kenya.

We've been here for 23 years.

Our story is extraordinary in its ordinariness. In the apartment buildings where we spent our early years, there were hundreds more families exactly like us, before and after our tenure.

The promise of education and prosperity kept my family here. For others the choices weren't as ambitious; home was less a place to return to and more of a hope to find.

Our extended stay started when my dad was awarded a scholarship to study in Canada for the second time. He'd come once before, alone, to the University of Manitoba. But on this journey, my mom accompanied him and then my three siblings and I followed one year later.

Not that I knew any of that at the time. Kids are an oblivious bunch. All I knew was it was very cold, but in exchange, I got a fabulous bright pink jacket. So, how bad could it be?

Winter was hard, but keeping food on the table was harder. The scholarship provided just enough to cover rent.

"There was no support for families," says my dad. "You were on your own."

Nearly 90 per cent of the scholarship money went to a two-bedroom apartment in 30 Charles St., a concrete skyscraper just south of Bloor Street in downtown Toronto. Across the street stands 35 Charles, its doppelganger building where we made yet more friends and found family.

Inside these buildings, the diversity of the academy was on display as students from around the world packed into the towers. Coming home from school, the hallways always smelled of faraway homes.

Together, neighbours shared tips on how to get a library card and where to buy cheap fruits and vegetables. The building pulsed with the energy of students and their families as they tried to make functioning lives in Toronto.

In our building's Free Room, we dug out the appliances and furniture from the homes of now-departed tenants to make our new home.

The change in our physical reality also came with big changes to our family reality. My mother's late nights and early mornings left my dad — a mathematician of towering intellect — as the cook and hairdresser of three girls. It is not his strongest domestic skill.

My sister was a regular torment. My father, the PhD student, would frequently tie her hair tightly and warn her not to loosen it. She'd return from school sans hair tie with a head full of playground sand.

The money for food, television, and six winter jackets came from my mother. In Kenya, her job as a senior education administrator included her own driver.

In Canada, she took the subway to job after job — homecare, book sales, worm-picking — where the only perk was taking home a paycheque. (Except for book sales, which occasionally netted a free novel or two for the shy, bookish, frequent-crier in her life a.k.a. me.)

She found jobs that were physically taxing and unthanking. She sought out the government programs that allowed us to thrive: Friends pointed her to a subsidized summer camp at the 519 Community Centre in Toronto's Gay Village. She reached to a community that fed us, located opportunities that entertained us and did the work that sustained us. While my dad's education was the reason we were in Canada, it was my mother's resourcefulness that allowed us to survive.

Our collective existence — the solid core of my world, my family — is due to my mom's fortitude. I was a child. To quote Robert Hayden, "What did I know of love's austere and lonely offices?"

That I know men can be pushed past their traditions and masculinity is because of my dad.

Those years seem really far away now. We've settled in. Now, when I return to Canada from travelling, it's like flopping onto a well-worn couch at home.

I hope, however, to never forget that my ease was put together by grit and adversity and all the things that make good life worthwhile. It was in those extraordinary days that we became an ordinary family — loving, selfless and united.

Origin Stories
This summer we are telling tales of our multicultural nation through your stories of arrival. Share yours for a chance to be included in the series with #MetroOrigins or email sjbattersby@metronews.ca

How I feel close to home?

I keep Kenya in my heart by keeping it on my feet. Every summer, I put on a new pair of beaded sandals that someone transports from Kenya. I transport myself around the city I'm in now with shoes from where my past lies.

Vicky Mochama is Metro's national columnist. She appears every Monday, Wednesday and Thursday.

metro Your essential daily news
CHIEF OPERATING OFFICER, PRINT Sandy MacLeod
VICE PRESIDENT & EDITOR Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES Steve Shrout
MANAGING EDITOR HALIFAX Philip Croucher
ADVERTISER INQUIRIES adinfohalifax@metronews.ca
General phone 902-444-4444



However you say "home," we speak your language.

With the *Scotiabank StartRight*® Program[1], newcomers can get over $300[2] in banking benefits.

As a newcomer to Canada, you have questions. A Scotiabank advisor is ready to answer them all, and provide the advice you need to get established and build confidence. Let's talk about your own unique goals.

Learn more at scotiabank.com/newtocanada

You're richer than you think: Scotiabank®

® Registered Trademarks of The Bank of Nova Scotia. [1] The Scotiabank StartRight Program is created for Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. [2] Earn **$100** when you open a Scotiabank Momentum Chequing Account, Scotia One™ Account or Basic Banking Plan which will be deposited into that account within 120 days of the account opening. Visit www.scotiabank.com or in branch for more details about the features and fees of these accounts, including minimum daily balances, and the offer. Have your monthly fees waived on a Scotia One™ Account when you maintain a minimum daily balance. A value of up to **$165** per year. Secure your valuables with a free small safety deposit box for a year. A value of **$55**. Subject to availability and signing the Safety Deposit Box lease.

metro LIFE
Your essential daily news



Ariana Grande suspends tour after deadly bombing at Manchester concert

TECHNOLOGY

Selfie-stick inventor is not so impressed by new gadgets

Genna Buck
Metro Canada



Dawn of the selfie drone



Now just make sure it gets your good side: The ROVA selfie drone is operated through an app on your phone that acts like a joystick. COURTESY IOT GROUP

When selfie-stick mania hit, the tech scolds were out in full force.

"The Selfie Stick: Perfect accoutrement for the digital narcissist," Psychology Today screamed. "Why the selfie stick must die," whined CNN.com.

But selfie technology has moved on since the bad old days of early 2015. Sticks are passé. Selfie drones are where it's at.

Camera-equipped flying robots allow people to capture photos and videos from incredible angles previously impossible unless you had access to a helicopter. And they're getting lighter and cheaper, with Best Buy about to sell ROVA from Australia-based startup IoT Group for $399 in June. It's controlled by a smartphone app. At CES tech trade show in January, Consumer Reports proclaimed "Selfie drones are about to enter our lives in a big way" after 39 exhibitors showed off their wares. VentureBeat reports sales are expected to hit 3.4 million units this year, according to the Consumer Technology Association.

Last week, a camera drone halted a baseball game in San Diego and the operator is facing a $1,437 fine after he lost control of the device.

Selfie drones (really, camera drones — you can point them at anything) are already transforming how wedding photographers and real estate agents work. Snowboarders are programming drones to follow them around.

But if you're a hater, selfie drones are another devil's instrument, with all the same evils as a selfie stick, except noisier and with even more potential to take someone's eye out.

WE TRIED IT
After ten minutes of fiddling and two crash-landings, our tech-testers concluded that the ROVA is a fun toy but not for tech-dunces.

Could this really be the big tech craze of summer 2017?

One person who has quite a few thoughts about that is Wayne Fromm, the Canadian inventor of the selfie stick (trade name: Quick Pod). He said "picture taking as a pursuit is only going to grow."

But he sees the trend moving towards smaller, lighter and less obtrusive devices; the opposite of drones. He expects the many museums, events and public places that banned selfie sticks to take a hard line on drones too.

Fromm, who has also invented toys for Crayola and Disney and crafted the marketing campaign behind the '90s toy fad Crazy Bones, said he has a feel for which new products are going to take off and which won't — and he's not too enthusiastic about selfie drones.

"I'm a gadget guy. I love electronics. And I don't see it, for the average person," he said, adding there's "room for all sorts" of photography accessories in the market and he doesn't see drones encroaching on his business.

Kristen Thomasen, a University of Western Ontario law professor who focuses on the legal aspects of robots and drones, also isn't panicking about a drone-pocalypse.

"Will everybody at the Kentucky Derby have a drone? If that's ever going to happen, it's a long way off," she said.

"We're good at reining in technology as society. You can't just drive a car anywhere. I'm not as concerned that everybody is going to have a drone all over the place."

STEER CLEAR OF LEGAL TROUBLE

Three ways selfie-drone operators could crash-land into legal trouble, according to University of Western Ontario law professor Kristen Thomasen:

1. Aviation rules. An interim order from Transport Canada says you can't fly a drone within 75 metres of a building, higher than 90 metres in the air, or within nine kilometres of an airport or helipad.

2. Liability. You could be held responsible if you injure people or property with a drone.

3. Privacy concerns. Using a drone to peep into windows or otherwise spy on private property is obviously illegal and super creepy. But "in public space it's a little less clear what kind of legal protections drone operators run up against," Thomasen said.

What might be more important, she added, is being "very responsible and aware" of how drones make people feel.

TRY SOMETHING NEW
Discover refreshing new products to sip on this summer!



Mad Jack Hard Core Apple
$6.39



Bud Light Radler
$26.99



Breezer Juicy Mango
$17.99



Black Fly Zombie
$13.99



MD Strongbow Dark Fruit Cider
$3.99

19 Calories Responsible Choices
NSLC





The Official Partner of Big Dreams

TD Merchant Solutions makes doing business easier by providing advice and 24/7 dedicated support. Process transactions smoothly so you can spend more time focusing on your business. Let TD Merchant Solutions work for you.

Visit tdmerchantsolutions.com/mh or call 1-844-602-6931 to learn more

TD Banking can be this comfortable.

® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

"A new career would open so many doors."

Turn your passion for travel into a real career. Develop your skills by managing a trip to an actual vacation destination! **Train to work at both retail and online agencies.**

Travel and Tourism Management



SC Success College
Get Ready.

4 Star Endorsement by ACTA (Association of Canadian Travel Agencies)

ACTA Approved

Apply now to Start this Fall!

800 Sackville Dr., Lower Sackville, NS

successcollege.ca 902.865.8283



DOWNLOAD METRO'S NEW APP NOW

OFFLINE READING

•LOCAL NEWS • VIEWS • LIFE • SPORTS >>>



JOHANNA SCHNELLER WHAT I'M WATCHING

Twin Peaks returns

THE SHOW: Twin Peaks, S1, E3 (The Movie Network/CraveTV)
THE MOMENT: The bunny



Kimmy Robertson and Harry Goaz in Twin Peaks. CONTRIBUTED

In the rustic Twin Peaks police station, deputy Andy (Harry Goaz) and receptionist Lucy (Kimmy Robertson) sit at a table with files spread over it.

"We laid everything out and we can't find anything that's missing," Andy tells Deputy Chief Hawk (Michael Horse).

"If it's not here, then how do you know it's missing?" Hawk asks.

They ponder. "But if it is here, then it isn't missing?" Lucy asks.

More pondering. Hawk says he'll find what's missing via his heritage. Lucy stares at a packet of Easter chocolate. She gasps.

"I know what's missing!" she says. "The bunny! I ate that bunny!"

They discuss the bunny at length. "It's not about the bunny," Hawk declares. He ponders. "Is it about the bunny?" Ponder. "No."

Twenty-seven years ago, the original Twin Peaks was radical television.

Watching this, you realize how many tropes pioneered by show creator David Lynch have seeped into Peak TV: introducing characters without explanations.

The use of sound to disorient, rather than orient (low buzzing hums create anxiety, while squishy plops instead of footsteps gross us out).

The dragging out of scenes well beyond normal, to make us bored yet jumpy.

The partially lighted night scenes, in which we only catch glimpses of things.

The body horror (eyes sewn shut, trees with blobs of flesh).

But the scene above is also identifiably Lynchian. It's so deadpan, we ache to find it funny. It feels so pointless, we yearn to freight it with meaning.

It's his world — familiarly unfamiliar — and it's extremely weird to be back in it again.

Twin Peaks airs Sundays at 9 p.m. on The Movie Network and CraveTV, and is available on demand.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Neptune THEATRE THANK YOU!

Neptune Theatre would like to thank the Sponsors, Partners and Donors who supported our 2016/17 season. Their support is integral to our ability to inspire audiences with great stories.

PRODUCTION SPONSORS

SEE YOUR NAME HERE FOR THE 2017/18 SEASON!

The Berkeley · CAA · Castone · eastport · ExxonMobil · Imperial · 150 Years · Premiere · The Roy · Scotiabank · TELUS · The Wilsons · The Wilsons Security

MEDIA SPONSORS

CTV · metro

GOVERNMENT SPONSORS

Arts · Canada · HALIFAX

NEPTUNE PARTNERS

AVIS · BellAliant · Deloitte · Downtown Halifax · Farnell · galaxybattery · Grant Thornton · Canada Life · Halifax Partnership · Maritimes & Northeast Pipeline · My Father's Boomers · PBG · Steele · TD

LEADING DONORS

Neptune Theatre gratefully acknowledges the individuals and corporations who have donated $1,000 or more to the Neptune Theatre Foundation over the past year.

TRIDENT CLUB ($10,000+)

Margaret & David Fountain
TD Bank Group • Telus Corporation • Scotiabank

PREMIERE CLUB ($2,500 - $9,999)

Wesley & Diane Campbell • Fred & Elizabeth Fountain

AMBASSADOR'S CLUB ($1,000 - $2,499)

Robert Batherson & Catherine MacIsaac • Rodney & Nicole Belliveau • Bill & Lorraine Black • Marian Binkley • Chives Canadian Bistro • Donald & Susan Church • Mary Clancy • Jessie & Harold Crosby • Fedora & Louis Deveau • R. L. Dobson • Nancy Doty IMO Carl Doty • H. Wayne Garland • Rebecca & Michael LeBlanc • Mary & Cameron Little • Dr. Ramona Lumpkin & William Blackburn • Ian & Johanne McKee • F. K. Morrow Foundation • Alex & Kathleen Ritchie IMO Gaylan Ritchie • SOMA - Vein & Laser Centre • Bruce Towler & Judy Steele • Walker Wood Foundation

HALIFAX CHRYSLER FACTORY PROGRAM UNIT CLEAROUT

OVER 140,000 IN DISCOUNT APPLIED ACROSS ALL FACTORY PROGRAM UNITS

GET YOURS NOW UNTIL THE END OF MAY!

FACTORY PROGRAM UNIT CLEAROUT

STOCK #	MODEL	ENGINE	COLOUR	RETAIL WAS	SAVINGS	NOW PRICE
H77635	16 GRAND CARAVAN SE	3.6L V6	BILLET METALLIC	WAS $33,180	SAVE $9,200	NOW $23,980*
H14944	16 GRAND CARAVAN SE	3.6L V6	BRIGHT WHITE	WAS $32,985	SAVE $9,005	NOW $23,980*
H90998	CHEROKEE SPORT FWD	2.4L	BRILLIANT BLACK	WAS $28,015	SAVE $5,035	NOW $22,980*
H28199	CHEROKEE SPORT FWD	3.2L V6	BRIGHT WHITE	WAS $28,435	SAVE $4,455	NOW $23,980*
H28202	CHEROKEE SPORT FWD	3.2L V6	TRUE BLUE	WAS $28,435	SAVE $4,455	NOW $23,980*
H114575	CHEROKEE SPORT FWD	2.4L	BILLET METALLIC	WAS $27,535	SAVE $4,555	NOW $22,980*
H57729	CHEROKEE SPORT FWD	2.4L	BILLET METALLIC	WAS $27,535	SAVE $4,555	NOW $22,980*
H57730	CHEROKEE SPORT FWD	3.2L	DEEP CHERRY RED	WAS $28,160	SAVE $4,180	NOW $23,980*
H28201	CHEROKEE SPORT FWD	2.4L	BRIGHT WHITE	WAS $31,105	SAVE $5,125	NOW $25,980*
H50272	CHEROKEE SPORT FWD	2.4L	BRIGHT WHITE	WAS $31,105	SAVE $5,125	NOW $25,980*
H50273	CHEROKEE SPORT FWD	2.4L	BRIGHT WHITE	WAS $34,340	SAVE $6,360	NOW $27,980*
H114572	CHEROKEE LIMITED FWD	2.4L	BRILLIANT BLACK	WAS $34,565	SAVE $6,585	NOW $27,980*
H114573	CHEROKEE LIMITED FWD	2.4L	BRILLIANT BLACK	WAS $38,100	SAVE $7,120	NOW $30,980*
H61564	CHEROKEE NORTH 4X4	3.2L V6	WHITE	WAS $32,265	SAVE $5,285	NOW $26,980*
H18235	JOURNEY LIMITED	3.6L V6	BILLET METALLIC	WAS $33,060	SAVE $6,080	NOW $26,980*
H18242	JOURNEY SXT	3.6L V6	BILLET METALLIC	WAS $37,485	SAVE $7,505	NOW $29,980*
H58118	JOURNEY CROSSROAD	3.6L V6	ALPINE WHITE	WAS $25,235	SAVE $5,255	NOW $19,980*
H70897	RENEGADE SPORT MANUAL	2.4L	BLACK	WAS $32,505	SAVE $4,525	NOW $27,980*
HE24834	RENEGADE SPORT 4X4	2.4L	BLACK	WAS $32,505	SAVE $4,525	NOW $27,980*
H24869	RENEGADE SPORT 4X4	2.4L	MOJAVE SAND	WAS $33,630	SAVE $4,650	NOW $28,980*
H89722	RENEGADE NORTH 4X4	2.4L	COLORADO RED	WAS $33,630	SAVE $4,650	NOW $28,980*
H24461	RENEGADE NORTH 4X4	2.4L	GRANITE	WAS $36,205	SAVE $6,225	NOW $29,980*
H86799	RENEGADE NORTH 4X4					

THESE DEALS WON'T LAST!

HALIFAX
CHRYSLER • DODGE • JEEP • RAM

BAYERS LAKE, Halifax, NS
PH: 902 -982-3915
TF: 1-866-509-2995
www.halifaxchrysler.com

CALL NOW BEFORE THEY ARE ALL GONE!

*PLEASE SEE DEALER FOR COMPLETE DETAILS.

TOP 150 150
CELEBRATING CANADA'S GIFTS TO THE WORLD

Ten secret Canadians

FAME

Celebrities you didn't know were Canucks

Rhonda Riche

When Academy Award winner Anna Paquin was doing press for her new CBC series Bellevue, a lot of people were surprised to learn that the actress was born in Winnipeg. Of course, she moved to New Zealand when she was four, but the news made us wonder what other prominent people had Canadian roots. Here are a few.



1 Ted Cruz
This former potential U.S. presidential candidate was born to American parents in Calgary. While he returned to American soils as an infant, his opponents used his birthplace against him.

2 Nathan Fillion
Edmonton's Nathan Fillion is best known for American TV shows like Castle and Firefly, but he also narrated the documentary Highway of Tears about missing and murdered Aboriginal women in northern B.C.



3 Rick Fox
The Toronto-born actor and retired NBA star is best known for his lengthy career with the Boston Celtics and the Los Angeles Lakers.





4 Frank Gehry
This star-chitect is famous for geometric, postmodern buildings such as the Walt Disney Concert Hall in Los Angeles and the Guggenheim Museum in Bilbao, Spain. Born in Toronto, Gehry is also the only architect to be immortalized on The Simpsons.

5 Taylor Kitsch
Kelowna, B.C.'s Taylor Kitsch is so recognized for his work on Friday Night Lights that it's hard to believe he's not Texan.



6 Shay Mitchell
Born in Toronto, raised in Vancouver, where the Pretty Little Liars star got her start as a model.



7 Cobie Smulders
Even though The Avengers franchise star is best known for playing Canadian Robin Scherbatsky on the long-running comedy How I Met Your Mother, some fans are still surprised that the actress hails from Vancouver.





8 Jessica Pare
While she gained attention in the English-speaking world for her role as Megan Draper, Montreal's Jessica Pare was already famous in Franco-Canadian cinema since her turn in Denys Arcand's 2000 film Stardom.

9 Paul Schaffer
David Letterman's longtime music director and sidekick hails from Thunder Bay and got his start in showbiz with a legendary Toronto production of Godspell that also included Victor Garber and Martin Short.



10 Deadmau5
Toronto-born music maker Joel Thomas Zimmerman (aka Deadmau5) is known more for wearing a big mouse head than wrapping himself up in the Canadian flag.



ALL PHOTOS TORSTAR NEWS SERVICES

WANT QUALITY CANADIAN-MADE FURNITURE?

Stop In And Browse Our Selection.
You'll Be Pleasantly Surprised At Our
Reasonable Prices On Quality Furniture.

WE ARE A LOCALLY-OWNED FAMILY BUSINESS, SERVING THE REGION FOR OVER 45 YEARS.

Featuring Canadian-made furniture from Brentwood Classics, Future Fine Furniture, Superstyle,Trend-line, Canadel, Dine-Art, Simmons Upholstery, Durham, RuffSawn, Vokes + many more

manorhouse FURNITURE

600 Bedford Highway, Halifax • 902.445.3250 • manorhousefurniture.ca

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

metro HOME

Your essential daily news

Laguna Beach mid-century modern home by architect J. Herbert Brownell listed for $4.3M U.S.



Growing a natural dye garden

DIY PROJECT

Let artistic pursuits take root in your own backyard



These natural dyes were made from five summer garden blooms. THE ASSOCIATED PRESS

As interest in eco-friendly products grows, it's no surprise that artists and other creative types are planting natural dye gardens.

Low-cost and easy to grow, dye gardens can be planted just about anywhere. Brian Parker of Home Depot says plants grown in a home garden can produce lovely dyes.

"Combining plants like hibiscus and lavender will yield richer colours — try experimenting, just as you would with paints," he says. "Hibiscus is a great plant for a beautiful purple dye. Add lemon and salt when dyeing a camellia plant and you'll get a bright pink, magenta colour. Roses and lavender can bring out a brilliant pink dye with just a little mint and lemon juice. Marigolds and sunflowers produce shades of yellow; use both the stalks and the petals for the most potent colour."

Chris Dalziel is a gardener, homesteader and fibre artist in Greenwood, B.C.

"I recommend planning your garden around both perennials and annuals, with a thought to the colours that each plant gives," she advises.

"Aim to have the three primary colours — blue, red, and yellow — represented in your garden in abundance. From these, the full rainbow of colours will be available to you."

Chamomile, yarrow, goldenrod and coreopsis all yield different shades of yellow. "By planning for several yellows, you'll also have many greens and oranges to choose from," Dalziel says.

Owyn Ruck and Visnja Popovic, co-founders of New York's Textile Arts Center, recommend planting what's native to your area. Not only are plants more likely to thrive, but their colour intensity is affected by conditions like sun exposure, moisture and temperature. Plants also may produce different dye quantities at various points in their life cycles.

Good books on the gardening, foraging and dye-making include Ruck and Popovic's The Textile Artist's Studio Handbook; Kristine Vejar's The Modern Natural Dyer: A Comprehensive Guide to Dyeing Silk, Wool, Linen and Cotton at Home; and Chris McLaughlin's A Garden to Dye For.

Vejar, of Oakland, Calif., discusses unusual non-flower natural dyes like onion, rhubarb and eucalyptus. McLaughlin, who also lives in Northern California, includes vegetables, such as black beans, red cabbage and beets.

Making dye from plants generally requires chopping them up, adding water and boiling them. Natural fibers like silk, cotton, wool and muslin take dyes best. THE ASSOCIATED PRESS

A more efficient home is a more comfortable home

The only Building Performance Contractor in Atlantic Canada, MJM Energy are experts in building science who take a comprehensive approach to improving energy efficiency and comfort.

MJM Energy is a licensed installer of Icynene spray foam insulation, blown-in cellulose insulation, as well as an exclusive dealer of Samsung Smart Heat Pumps in Nova Scotia.

They take a whole-home approach by thoroughly assessing and diagnosing each home they visit, says owner Jamie Muirhead.

"When a homeowner calls up and says their home is cold all winter, or that they are tired of paying too much to heat their home all winter, MJM comes in," he says. "We determine what the problems are, give the homeowner information on how we can improve their home, then we solve those problems."

By examining the whole home, MJM can find the best solutions to make it as efficient as possible. This approach ensures you are investing in the right areas within your home to realize the best value and long-term energy savings. Whether it's spray foam insulation that air seals and insulates throughout the home or Smart Heat Pumps that can reduce your heating bill by 30 per cent, MJM will make a big difference to your home.

"We make sure to do whatever it takes to solve homeowners' problems," Muirhead says.

Icynene Spray Foam has a lifetime warranty when installed by a licensed installer and all MJM installers are licensed and trained by Icynene. MJM also employs Red Seal certified HVAC technicians, electricians, and carpenters.

MJM services homes across the province and offers free quotes.

"We are proud members of the Efficiency Nova Scotia Trade Partner Network, and have completed a number of projects with Efficiency Nova Scotia," Muirhead says. They have a partnership with Sustainable Housing, and are also members of the NS Home Builders Association, and the Better Business Bureau.



CONTRIBUTED

MJM is also active in the community, completing projects at the Halifax Refugee Clinic, Camp Kidston, and others.

Click on mjmenergy.ca for more information or call 1-888-320-4344 to get started on your free quote.

Improve your home's **Performance, Energy Efficiency** and **Comfort**

Our Building Performance Contractors will:

1. **ASSESS** Evaluate your home's overall performance
2. **DIAGNOSE** Develop an action plan to meet your budget
3. **SOLVE** Implement the plan to optimize your home
4. **PERFORM** Follow up in 6 months to ensure results

Let our experts in Building Science evaluate your home today

MJMENERGY.CA | 1.888.320.4344

MJM BUILDING PERFORMANCE CONTRACTORS

ICYNENE LICENSED DEALER

SAMSUNG HVAC PREFERRED DEALER



Collect rainwater for a more efficient home

There is no higher quality source of water available than rainwater. Rainwater collected on roofs and stored appropriately is a sustainable source of water ideal for use inside and outside the home.

MetroGutter and Home Services installs all kinds of rain barrels including 40 gallon rain barrels to 10,000 gallon underground collection systems.

Using rainwater makes a significant impact on household usage said Bren VanderZwaag with MetroGutter and Home Services.

"By using rainwater for toilet flushing, laundry and garden use alone, it can reduce water requirements of a typical household by 70 per cent. If hot water systems are supplied with rain water, this reduction can be as high as 85 per cent."

A typical household uses over 650 litres of water every day. Using rainwater — something in big supply in Nova Scotia — will reduce the amount of water you use plus spend less on water, energy and detergent bills. And it's also a big help to sustain our water resources.



CONTRIBUTED

"Homeowners can start with a single rain barrel for watering their flower gardens, to installing a system to use for toilets, washing cars and garden sprinklers, all the way up to installing an underground system to supply your entire family's water needs, which would include water treatment," VanderZwaag said.

Using rainwater is an idea that is catching on with people who want to do something rather than just letting that good water drain away, he added

"Sometimes I think it seems kinda silly that we flush our toilets with good, clean, treated drinking water."

Twenty Degrees: go with experience with heating and cooling systems

For over 35 years Twenty Degrees Ltd. has installed, serviced and maintained heating and cooling systems for commercial and residential customers throughout HRM.

"We are one of the oldest heat pump licensed companies in HRM," said Gordon Fraser, owner and president of Twenty Degrees Ltd. "We have also attained platinum level with our dealership and a five-star rating with Fujtsu."

"Although We specialize in Fujitsu in ductless heat pumps as they are a superior product and have the best warranty we are able to offer other manufactured units.," Fraser says. "York is our brand of choice in central ducted systems and we are now certified through NSP to offer ETS systems specifically Steffes Units which offer even greater savings to our customers."

Twenty Degrees is a registered installer with Efficiency Nova Scotia and a participating contractor within the Nova Scotia Power Corporation which allows qualifying commercial and residential customers to finance their heating and cooling systems through a provincially sponsored program.

"We are more than happy to offer a free home assessment on the system that will best suit your needs and wants," Fraser said.



ISTOCK





metro SPORTS



Ryan Goins hit his first career grand slam, one of four homers for the Toronto Blue Jays in an 8-4 win over the Milwaukee Brewers

No shortage of confidence

2017 NHL PLAYOFFS
GAME 7 PREVIEW

Sens, Pens both have the belief they will move on to Cup final

The Ottawa Senators have had a knack for doing the unexpected this post-season. They'll need to do it one more time to advance to their first Stanley Cup final in a decade.

The Senators take on the defending champion Penguins in Pittsburgh on Thursday night in Game 7 of the Eastern Conference final. The Senators are 0-5 all-time in Game 7s, tying them with the Arizona Coyotes for the worst record in all of North American pro sports.

But this team has repeatedly rebounded after being written off in these playoffs, most recently in this series. After losing back-to-back games to the Penguins, including an embarrassing 7-0 beating in Game 5, the Senators put forth one of their best efforts in Game 6 to take a 2-1 victory and force the deciding game.

"I remember coming home after we lost 7-0 and I was driving home talking to (defenceman Dion Phaneuf) and he was like 'We're going to get this series' and I was thinking the same thing and it's how do you think that after you lose 7-0?" said Ottawa forward Clarke MacArthur. "So we got one of the two and we have a job to do going into Game 7.

"I believe in the group we have and I know when we play our game and if we're on we can beat any team in the league and if we're off, you can have an off night. I feel like this team, I've never been on a team that reloads as quick as we do and that's what this time of year is all about. It's forget it, move on and we did that and now we have to forget last night too."

Unlike the Senators, who haven't played in a Game 7 since the 2012 Eastern Conference quarter-finals, the Penguins are in very familiar territory. They were in the exact same position a year ago as they faced the Tampa Bay Lightning in Game 7 of the Eastern Conference final where they went on to win 2-1. Two weeks ago the Penguins eliminated the President Trophy-winning Washington Capitals in Game 7 with a 2-0 victory.

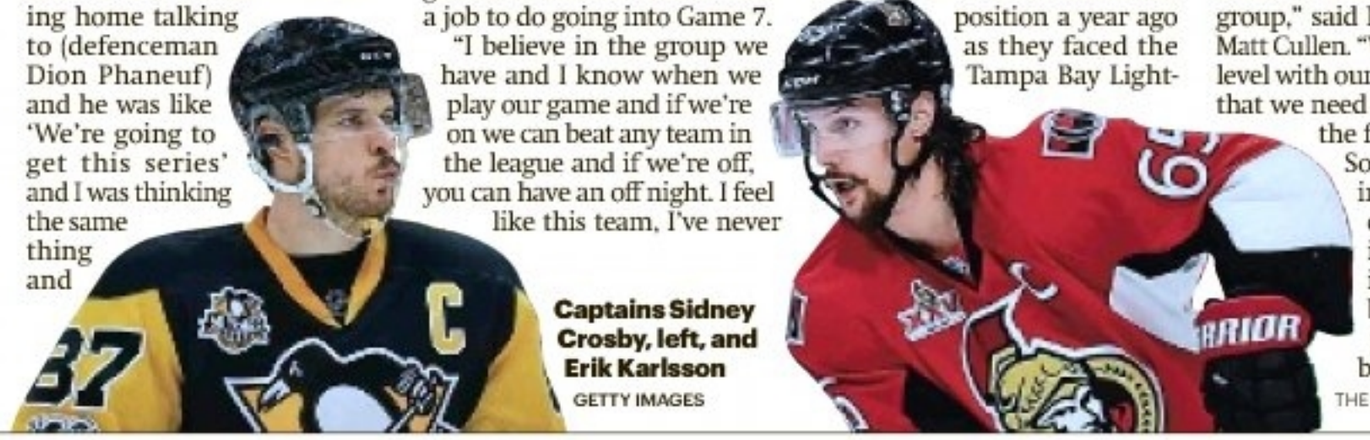
Not surprisingly, the Penguins see their familiarity with Game 7s as an advantage.

"We've gone through this, we know what to expect out of our group," said Penguins forward Matt Cullen. "We have a comfort level with our plan and the way that we need to play. These are the fun games to play. So as a group, we go into it with a lot of confidence, knowing that we're going to need our best game and expecting that we'll bring it."

THE CANADIAN PRESS

CASE AGAINST

The Penguins are 0-7 in Game 7s at home after losing Game 6 on the road.



Captains Sidney Crosby, left, and Erik Karlsson
GETTY IMAGES

IN BRIEF

Man United captures Europa League title

Manchester United gave its grieving home city a moment to cheer by winning the Europa League on Wednesday, beating Ajax 2-0 in the final thanks to goals by Paul Pogba and Henrikh Mkhitaryan.

The win earned United the bonus prize of a place in next season's Champions League. THE ASSOCIATED PRESS

Tiger Woods: 'I haven't felt this good in years'

Tiger Woods said he had fusion surgery on his back in April because he could no longer tolerate the pain, and that he wants to get back on the PGA Tour.

"I haven't felt this good in years," he said Wednesday in an update on his website.

THE ASSOCIATED PRESS

HUDSON'S BAY STRENGTH IN STRIPES HBC FOUNDATION
HUDSON'S BAY
metro
SANOFI GENZYME
BIGSMOKEBURGER

MAKE IT TONIGHT

Fresh Edamame Guacamole



PHOTO: MAYA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

Yes, you read that correctly. Edamame in guacamole is a thing and it's a super delicious thing at that.

Ready in 15 minutes
Prep time: 10 minutes
Cook time: 5 minutes

Ingredients
2 avocados, halved, seeded and peeled
1 lime, juiced
1 cup edamame, cooked and mashed with a potato masher
1/2 teaspoon salt
1/2 medium onion, diced
1 clove garlic, minced
1 tablespoon chopped cilantro

Directions

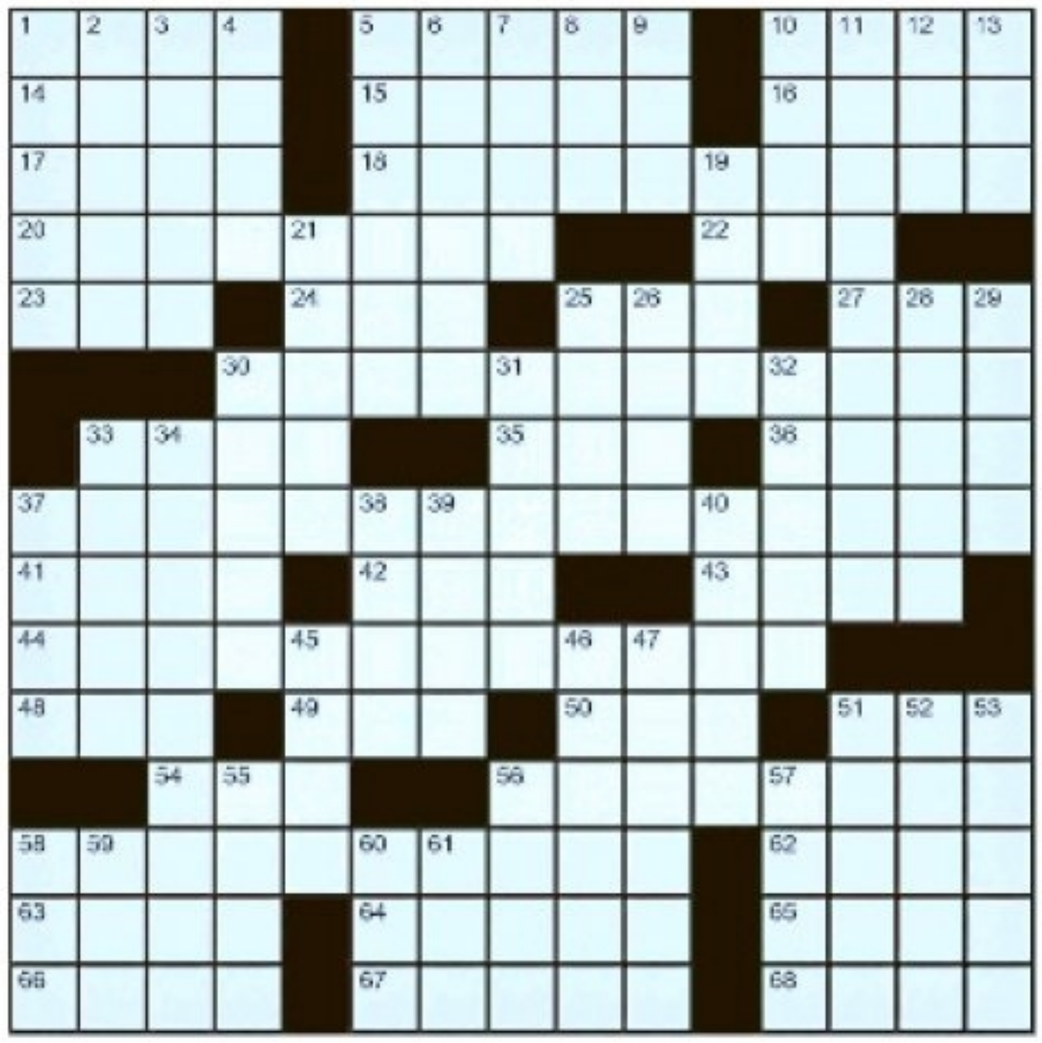
1. In a medium bowl, roughly mash your avocados with a fork. Mix in the lime juice, edamame and salt. Then stir in the onion, garlic and cilantro. Taste and add more salt or cilantro depending on personal preference. You can also add a hit of Tabasco sauce if you like your guac with a little heat.

2. Cover the bowl with plastic wrap, pressed down into the bowl against the guacamole (to prevent browning) and place it in the refrigerator. Chill for an hour and serve with your favourite chips or snack crackers.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Talks
5. Soaked soil state
10. Isolated
14. Competent
15. Sleep _
16. Australian gem
17. Ms. Perlman
18. Competitors jump hurdles to get to them: 2 wds.
20. Tortilla chips brand
22. Have
23. Timecard abbrs.
24. "Give _ _ few days." (I'll get back to you)
25. CEO's degree
27. "Fee! _! Foe! Fum!"
30. Character in Peanuts, the comic brand which Halifax-based company DHX Media just purchased a majority stake in: 2 wds.
33. "_, _ is me!"
35. Baffin, e.g.
36. Port city of Algeria
37. The cute little yellow bird at #34-Down's perching spot: 2 wds.
41. "_, _ _" (That's fine then)
42. Ms. MacGraw
43. Ms. Stone
44. Cryptologists: 2 wds.
48. Ms. Tunstall, et al.
49. Ben-Hur author Mr. Wallace
50. Mr. Byrnes of "77 Sunset Strip"
51. Howe'er
54. Ms. Carrere
56. "That's the one to a T!" (Get that outfit!): 3 wds.
58. Crest or Colgate
62. Seasons for Mays, wee-ly
63. 701 in ancient Rome
64. Will, fancy-style
65. 'Luck' suffix (Most fortunate)
66. _ Fifth Avenue
67. Blackthorn fruits
68. Works with grass

DOWN
1. "Wayne's World" (1992) character
2. Really find repugnant
3. Sanctify
4. Musical chairs goal
5. "Goin' Gone" country singer Kathy
6. Tumult
7. Forensic IDs
8. Calendar ender [abbr.]
9. Wild ox
10. Marcus _ (MGM co-founder)
11. Free-for-all discussion: 2 wds.
12. Ms. Imbruglia, to pals
13. Chicago trains
19. Biblical land
21. "That's cool with me.", retro-style: 2 wds.
25. Fermented soybean paste
26. Brussels is its cap.
28. "_ _ _ Teenage Werewolf" (1957)
29. -ette cousin
30. "Twistin' the Night Away" by Sam _
31. PBS celebrity chef Ms. Bastianich
32. Hotel reservation-ees
33. How the washing machine is set maybe, temperature-wise: 2 wds.
34. Southwestern Ontario city; or, Peanuts character
37. Usual missing laundry item
38. Lively
39. Oodles
40. Works as a Collie
45. Ho-hum
46. Kitchen whistler
47. Henry Ford's son's cars
51. Blood type, e.g.: wd. + letter
52. _ _'oeuvre
53. Boots
55. Medical-style suffix
56. Golfer Mr. Aoki
57. 'Psych' suffix
58. QB's feats
59. Wood sorrel
60. Initials-sharers of Art Garfunkel's partner
61. Calder Cup org.

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Examine your relationship with others today to see what needs to be changed. Relationships are never static and unchanging — it's quite the opposite.

Taurus April 21 - May 21
Something going on behind the scenes concerns you today. You might have an urge to improve things, or at least stop something from getting worse.

Gemini May 22 - June 21
You want to improve your relationships with a friend or a group today, but you might not be sure how to do this. Why not start by being friendly?

Cancer June 22 - July 23
You want improve the appearance of something that matters to you. This is why you want people to listen to your ideas.

Leo July 24 - Aug. 23
You want a change of scenery, and will move heaven and earth to make this happen, because you are so restless for a change. Even a short trip will please you.

Virgo Aug. 24 - Sept. 23
Romantic relationships are passionate and intense today. Because the intensity is so strong, the relationships actually are quite fragile. Something might make your feelings snap. (They are not stable.)

Libra Sept. 24 - Oct. 23
Tread carefully when dealing with partners and close friends today, because people are feeling intense. They might go off the deep end and do or say something they will later regret. This includes you as well.

Scorpio Oct. 24 - Nov. 22
You have strong ideas about how to make improvements where you work. You also have strong ideas about how to improve your health.

Sagittarius Nov. 23 - Dec. 21
You're determined to have fun today, and you want everyone to join you. Lighten up so that things can develop naturally.

Capricorn Dec. 22 - Jan. 20
A discussion with someone about how to improve your home will please you today. You have specific ideas you want to put into action, and you want to do that now.

Aquarius Jan. 21 - Feb. 19
Look around you and see what you can do to improve your daily environment. Any improvement is a step in the right direction.

Pisces
Feb. 20 - March 20
It's possible that you will think of new ways to earn money, or perhaps you'll get a better-paying job. You might even see ways to make money on the side. Yay!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4		8					
3		7		6		9		
	9		4			6	2	
6		1						
	8			5			7	
						2		6
	3	4			8		5	
		5		7		1		3
					1		8	

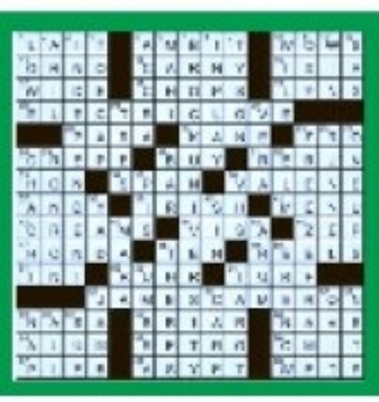
©2017 Conceptis Puzzles, Ltd. by king features Syndicate, Inc.


DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS •LIFE • SPORTS >>>

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



3	1	2	8	9	4	7	6	5
8	5	9	7	6	3	2	4	1
4	6	7	1	2	5	9	8	3
9	4	8	6	3	1	5	7	2
7	3	1	5	8	2	4	9	6
6	2	5	9	4	7	1	3	8
2	8	6	4	5	9	3	1	7
1	9	3	2	7	8	6	5	4
5	7	4	3	1	6	8	2	9

FINAL DAYS! HURRY IN

MAYHEM

IN MAY MONTH OF THE RAM

SALES EVENT

NOW IS THE TIME TO GET INTO A RAM 1500!

25% OFF MSRP

ON ALL IN-STOCK 2017 RAM 1500'S IN ALL QUAD/CREW CAB TRIM LEVELS

ENDS MAY 31st

PLUS! 3.49% /96mo



SAVE UP TO

$18,137

Stk#17RC1376

2017 DODGE RAM 1500 CREW CAB LIMITED

MSRP $72,555

LIMITED TIME OFFER! WON'T BE EXTENDED PAST MAY 31st

DARTMOUTH CHRYSLER JEEP DODGE RAM

Where Nova Scotia Comes to Save!

61 ATHORPE DRIVE, DARTMOUTH, NS

(902) 469-9050 ddodge.com

All RAM 1500 Models 25% off MSRP as per Manufacturer specifications. All Rebates to dealer. OAC. Hurry in Offer Ends May 31st.

2016 DEALER OF THE YEAR